



53. Brockenlauf
Ilseburg / 07.09.2024

Detailed evaluation

Weijia Yu

Number: 505

Course: 24.90 km
24,9 km - Lauf

Category:
Senioren M30 (30-34) B

Total time: 2:17:47

Speed: 10.45 km/h
Running performance: 5:32 min/km

Rank in course/Total: 101 (of 433)

Rank in course/Men: 89 (of 351)

Best time in course: 1:34:20

Rank in category: 11(of 25)

Best time in the category: 1:34:20

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Ilsestein	4.10	29:47	7:15	20	13:11	267	13:11	4.10	29:47	7:15	20	13:11	267	13:11
Plessenburg	2.40	14:10	5:54	12	5:01	137	5:01	6.50	43:57	6:45	17	18:12	219	18:12
Oehrenfeld	3.40	15:13	4:28	11	4:18	97	4:18	9.90	59:10	5:58	15	22:30	186	22:30
Ilsestein	4.80	29:15	6:05	10	19:24	84	19:24	14.70	1:28:25	6:00	14	31:50	144	31:50
Plessenburg	2.30	13:41	5:56	7	4:03	55	4:03	17.00	1:42:06	6:00	12	35:53	117	35:53
Oehrenfeld	3.40	14:21	4:13	6	3:00	31	3:00	20.40	1:56:27	5:42	11	38:53	101	38:53
Ilseburg/Markt	4.50	21:20	4:44	5	4:34	31	4:34	24.90	2:17:47	5:32	11	43:27	89	43:27